



# WISHING YOU JOY AND WELLBEING

from the Swiss Benevolent Society





# GRATITUDE

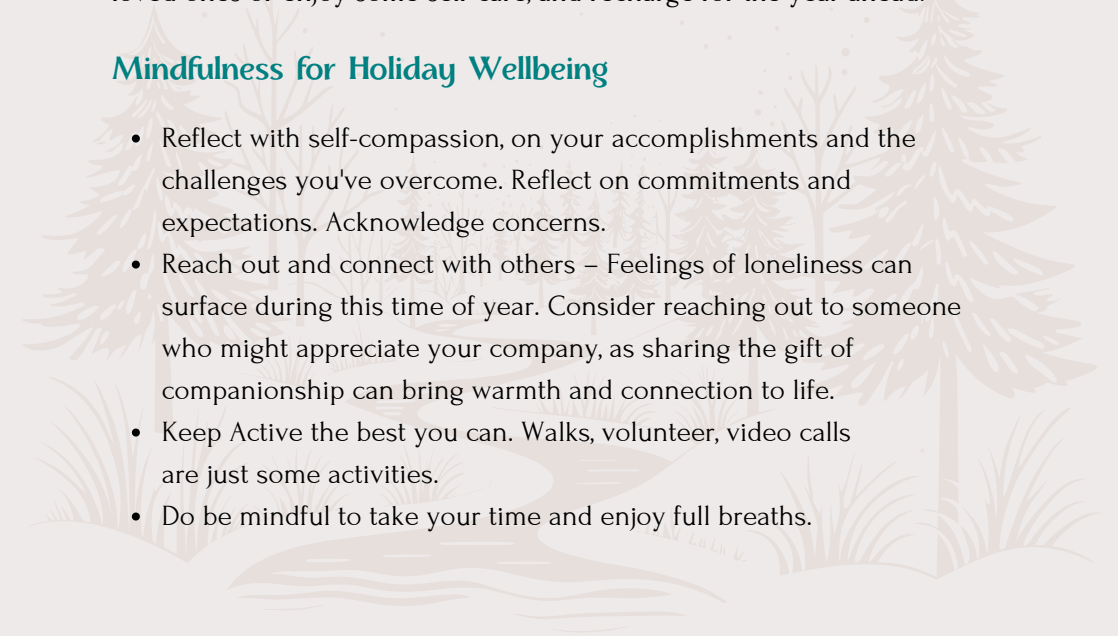
---

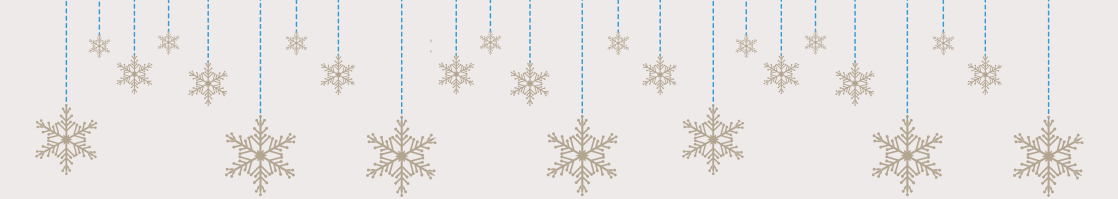
Dear Members, Clients, Friends, and Donors of SBS

We at the Swiss Benevolent Society wish you and your loved ones a joyful holiday season filled with good health, peace, and treasured moments. May this card add a sprinkle of Swiss holiday tradition and joy to your home here in the United Kingdom, while inspiring family engagement in fun activities and new memories. In creating new memories together as a Swiss Community, we invite you to share via email some of your Swiss Stories, artwork, pictures.

The holidays are a wonderful opportunity to take a moment to pause, reflect, share meaningful experiences, and express gratitude. This season, we invite everyone to take a much-deserved break, spend quality time with loved ones or enjoy some self-care, and recharge for the year ahead.

## Mindfulness for Holiday Wellbeing

- Reflect with self-compassion, on your accomplishments and the challenges you've overcome. Reflect on commitments and expectations. Acknowledge concerns.
  - Reach out and connect with others – Feelings of loneliness can surface during this time of year. Consider reaching out to someone who might appreciate your company, as sharing the gift of companionship can bring warmth and connection to life.
  - Keep Active the best you can. Walks, volunteer, video calls are just some activities.
  - Do be mindful to take your time and enjoy full breaths.
- 



As we at the SBS reflect on this past year, we the Trustees, Advisors and Welfare Office are filled with gratitude for the incredible dedication and support you have shown. Your commitment to promoting wellbeing makes a profound difference in the lives of many Swiss facing difficulties here in the UK. We are consistently inspired and proud to be a part of the journey alongside our many clients.

### **This year, we have achieved so much together, including:**

- Empowering individuals through wellness guidance & coaching.
- Providing financial support, advice or signposts to those in need.
- Creating community events that foster connection, friendships and healing.
- Offering means-tested financial aid for education – Studentships in the UK, of Swiss in need.

In 2025 we have scheduled more wellbeing activities, and in response to demand we are bringing back Coffee Mornings with Petra Kehr Cocks and Workshops on Japanese Calligraphy, Writing and Art led by Suzanne Perrin.

As we look toward the new year, we are excited to continue our mission together as a Swiss Community, building a collective spirit to help and enhance the welfare of our Swiss compatriots in the UK. With your help, we can reach even more people and spread the message of hope, compassion, health, and happiness.

Wishing you a happy and restorative holiday. May the coming year, bring you and your loved ones much fulfilment, renewed energy and wellbeing.

Warmest Regards,

Suzanne Egloff, SBS Chairman



# CELEBRATING OUR KEY SUPPORTERS

We want to extend our deepest gratitude to our key supporters of the Swiss Benevolent Society for their exceptional commitment and dedication in providing outstanding services to our clients. Through our collaborative endeavours, together we enhanced our ability to deliver extensive and timely social care solutions for the betterment of our Swiss community.

## Swiss Benevolent Society UK Board Members



Left to right: Emmanuel Robert (SBS Advisor, President of the Cambridge Swiss Society); Federico Sassoli de Bianchi (SBS Treasurer, Ad-Interim Vice Chairman); Elsbeth Baxter (SBS Advisor); Marc Peter (SBS Trustee); Nadine Hoffzimmer (SBS Welfare Office Admin, Company Secretary); Suzanne Egloff (SBS Chairman); Laurent Vuillemez (Swiss Embassy Representative); Thomas Wagner (Swiss Embassy Representative)



David Kilian Beck, who served as our Vice Chairman and Trustee of the SBS Board, was an invaluable member of the SBS team, contributing to the enhancement of the our vision, infrastructure, human equity, and client services. His involvement was crucial in driving significant institutional growth during his tenure, including the challenging period of the Covid pandemic.

Margrit Lyster's steadfast service & dedication to SBS, in her continuous support to the Board, Welfare Office, and Clients, is highly esteemed. Having served as the former SBS Welfare Officer for many decades, she is a remarkable welfare champion and a valuable source of knowledge. She has greatly contributed to SBS's work of today, and her commitment & devotion are truly commendable.



Emmanuel Robert joined in an Advisory role the Board of Trustees in November 2023 with the function of advising on the SBS university scholarship pilot program initiating with Cambridge University for implementation in 2024. Emmanuel is currently a PhD student at Cambridge University and President of the Cambridge Swiss Society.

Our Patron, His Excellency Markus Leitner, the Swiss Ambassador to the UK, and his Team at the Swiss Embassy in London have been invaluable partners. We are particularly grateful for their guidance, encouragement, and resources they have provided to support our initiatives. Their support is instrumental in enabling the SBS to fulfil its mission.



# DONATIONS

---

## Season of Giving: Light up lives with your Donation

As we joyfully embrace the festive season, let's unite to make a profound impact. Your generosity has already transformed the lives of Swiss Nationals navigating challenges in the UK.

In the spirit of the season, consider brightening the lives of those in need. Your contribution, whether big or small, brightens the path for our fellow Swiss citizens. Your donation plays a crucial role in our mission, providing financial aid, enhancing wellbeing, and fostering a sense of community. Together, let's create a fellowship of care and support, embodying the true spirit of the holidays.

Consider leaving a legacy of support?

Including the Swiss Benevolent Society in your will ensures our ability to continue this vital work for generations to come. Your support enables us to address the cost of living crisis and fund means-based educational scholarships, ensuring a brighter future for the Swiss community here in the UK. To donate and be part of this impactful journey, please visit our website.

Wishing you a joyous season  
filled with warmth and gratitude.  
With heartfelt thanks,

Swiss Benevolent Society

*Helping us  
help others!*



**WWW.SWISSBENEVOLENT.ORG.UK/DONATE**

# SHOW YOUR SUPPORT



## Be Part of our Good Cause – Together we can make a Difference

The Swiss Benevolent Society (SBS) has been a pillar of support for Swiss nationals in the UK since 1703. Join the Swiss Benevolent Society and be part of a supportive Swiss community in the UK. As a member, you'll enhance our mission to provide assistance, financial aid, scholarships, guidance, and support to fellow Swiss nationals. SBS enhances the quality of life of fellow Swiss, of all ages and walks of life, who are experiencing difficulties. As a first point of contact, we aim to make a difference by providing assistance, financial aid, including Educational Financial Aid, guidance, and community support to empower independence and a balanced lifestyle.

### Your free Membership will:

- Strengthen our community: Together, we can build a stronger and more connected network.
- Empower others: Help us continue to provide essential services to those in need.



Scan the QR code to Download our Membership application from or send us an email at [info@swissbenevolent.org.uk](mailto:info@swissbenevolent.org.uk).

## APPLY FOR MEMBERSHIP



# SWISS EGGNOG

---



This creamy drink is popular in the German speaking world and can be whipped up, bottled and kept in the fridge for a couple of weeks. It's excellent in coffee, over ice cream or on Christmas pudding, or just on its own.

## INGREDIENTS:

- 4 egg yolks
- 80 g condensed milk
- 150 ml milk
- 1 tbsp vanilla paste (or the seeds of one vanilla pod)
- 150 – 200 ml Kirsch spirit
- Freshly ground nutmeg

1. Combine egg yolks, condensed milk, milk, and vanilla in a heatproof bowl.
2. Heat Gently: Place the bowl over a pot of simmering water, whisking constantly until thickened. This should be a temperature of 70 C (160 F). Be patient, depending on the heat this can take a while (just don't let it get too hot or the eggs will scramble).
3. Stir in the alcohol.
4. Funnel it into a bottle and chill the eggnog before serving.

# THREE KINGS CAKE

## INGREDIENTS:

- 200g raisins
- 350ml strong tea
- 1kg flour
- 2 tsp salt
- 60g sugar
- 40g fresh yeast or 16g dried
- 300ml lukewarm milk
- 120g soft butter
- Zest of 1 lemon and 1 orange
- 1 egg & pearl sugar for decor



1. Prep the Raisins: Soak raisins in tea.
2. Mix Dry Ingredients: Combine flour, salt, sugar, and yeast.
3. Add milk, butter, zests, soaked raisins (with liquid), and egg.
4. Knead the Dough: Knead until smooth and elastic. (10 – 20 min)
5. First Rise: Let rise in a warm place until doubled in size. (2 hours)
6. Divide dough in half. Form one large loaf from the first half of the dough and 6 – 8 smaller buns from the other half.
7. Arrange small buns around the big loaf, let rise again (30 min)
8. Bake: Brush with egg wash, sprinkle with pearl sugar, and bake in a preheated oven at 180°C (350°F) until golden brown. (30 min)

Tip: For a festive touch, hide an almond or marzipan ball inside one of the small buns. The lucky finder is traditionally crowned the “King” or “Queen”.

# Winter Wonderland Word Challenge

## Decode the Festive Fun



### ACROSS:

2. Iconic Winter figure made of snow
4. Swiss winter dish involving melted cheese
8. Winter holiday celebrated by Christians
9. The sound of bells during the festive season
11. Festive Swiss cake with forest theme, French
12. Swiss dish involving dipping bread into melted cheese
13. Winter holiday celebrated by Jews

### DOWN:

1. Swiss town known for its Christmas market
2. Vehicle used by children to play on snow
3. Sweet winter drink enjoyed hot
5. Swiss Christmas bread man
6. Swiss figure similar to Santa Claus
7. Winter sport involving sliding on snow
10. Winter holiday celebrated by Hindus

Answers can be found on our website [www.swissbenevolent.org.uk](http://www.swissbenevolent.org.uk)



# New Year, New Goals

## Resolution Word Hunt



FITNESS  
BUDGET  
MEDITATION  
LEARN  
HAPPINESS  
MINDFULNESS  
RELAX

HEALTH  
TRAVEL  
VOLUNTEER  
WELLBEING  
FRIENDS  
WELLNESS  
KINDNESS

GOALS  
READING  
DONATE  
FAMILY  
REST  
HOBBY  
CAREER



# A FOCUS ON WELLBEING

As we embark on a new year, let us take the opportunity to reflect on our wellbeing and setting intentions.



By prioritising our mental and physical health, we can cultivate a sense of balance and fulfilment. Setting realistic goals, practicing mindfulness, and seeking support, can cultivate a healthier and happier lifestyle.

So, how do we set realistic and sustainable New Year's Resolutions for 2025? By using the method of SMART Goals. Make sure your defined goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

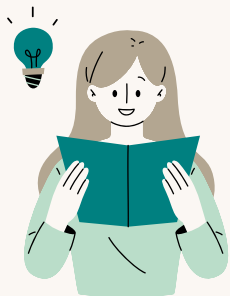
- **Specific:** Instead of vague goals like “Read more books”, set specific targets, such as “I will read one book per month.”
- **Measurable:** Monitor your progress regularly to stay motivated. “I will track the books I am reading in a journal.”
- **Achievable:** Break down large goals into smaller, manageable steps. “I will allocate 30 minutes each day for reading.”
- **Relevant:** Know your Why. “Reading keeps me mentally fit and is a form of daily self-care for me.”
- **Time-Bound:** Have a timeframe to hold yourself accountable. “I will practice my reading challenge consistently for 12 months.”

Celebrating small wins is crucial for staying motivated and focused on your goals. Each small achievement, however minor it may seem, is a step closer to your ultimate goal. By acknowledging and celebrating these milestones, you will boost your self-confidence, maintain momentum, and increase your overall satisfaction with your progress. So, don't forget to pat yourself on the back for every small victory, no matter how big or small!

## THE POWER OF MINDFULNESS

Mindfulness practices, such as meditation and deep breathing, can help reduce stress, improve your focus, and enhance your overall wellbeing. By incorporating mindfulness into your daily routine, you are able to cultivate a greater sense of calm and clarity. This can positively impact your overall wellbeing, which you can visually assess using a fantastic tool called the Wheel of Life.

**“A good half of the Art of Living is Resilience.”**  
**Alain de Botton**



# WHEEL OF LIFE

## A Visual Guide to Your Wellbeing

This powerful coaching tool for self-reflection visually assesses the eight key dimensions of your life. In a holistic approach to wellness you can gain a clear understanding of your overall wellbeing by identifying areas where you may thrive or struggle. This serves as a foundation for positive change, empowering you to make informed decisions, set SMART goals and take actionable steps.

### HOW TO USE THE WHEEL OF LIFE IN THIS BOOKLET:

1. **Rate Your Life Areas:** Assess your satisfaction in each of the 8 dimension on a scale of 1 – 10.
2. **Draw Your Wheel:** Plot your ratings on the wheel, connecting the dots to form a visual representation of your current life balance.
3. **Identify Areas for Growth:** Notice any areas where the wheel is unbalanced. These are opportunities for improvement.



## THE 8 WELLBEING-DIMENSIONS IN THE WHEEL OF LIFE



### Physical Health

Your physical health, including your energy levels, sleep quality, diet, and exercise habits. Do you nourish your body with healthy food, sufficient rest and physical activity to stay fit and reduce your risk of chronic diseases? Are you actively managing any health conditions to ensure optimal wellbeing?

### Mental Health

Your emotional and psychological wellbeing. It includes your ability to manage stress, cope with challenges, and maintain a positive outlook on life. Do you give enough attention to your mental health to build resilience and improve your mood?

### Relationships

The quality of your relationships with family, friends and in a romantic way. Do you have strong, supportive relationships that provide a sense of belonging? Do you have open communications and healthy boundaries with your peers?

### Recreation

Your hobbies, interests, and leisure activities. Do you find joy and relaxation outside of work and responsibilities? Are you engaging in activities you enjoy such as painting, gardening, playing sports, or simply spending time in nature?

### Spiritual

Your sense of purpose, values, and connection to something greater than yourself. Do you find meaning in life and cultivate a sense of inner peace? This could be through religion, meditation, nature, or reflecting on your own beliefs, spiritual wellness.

### Finances

Your financial security, debt levels, and ability to manage money. Do you have a solid financial plan? Are you saving for the future? Are you managing your debt effectively?

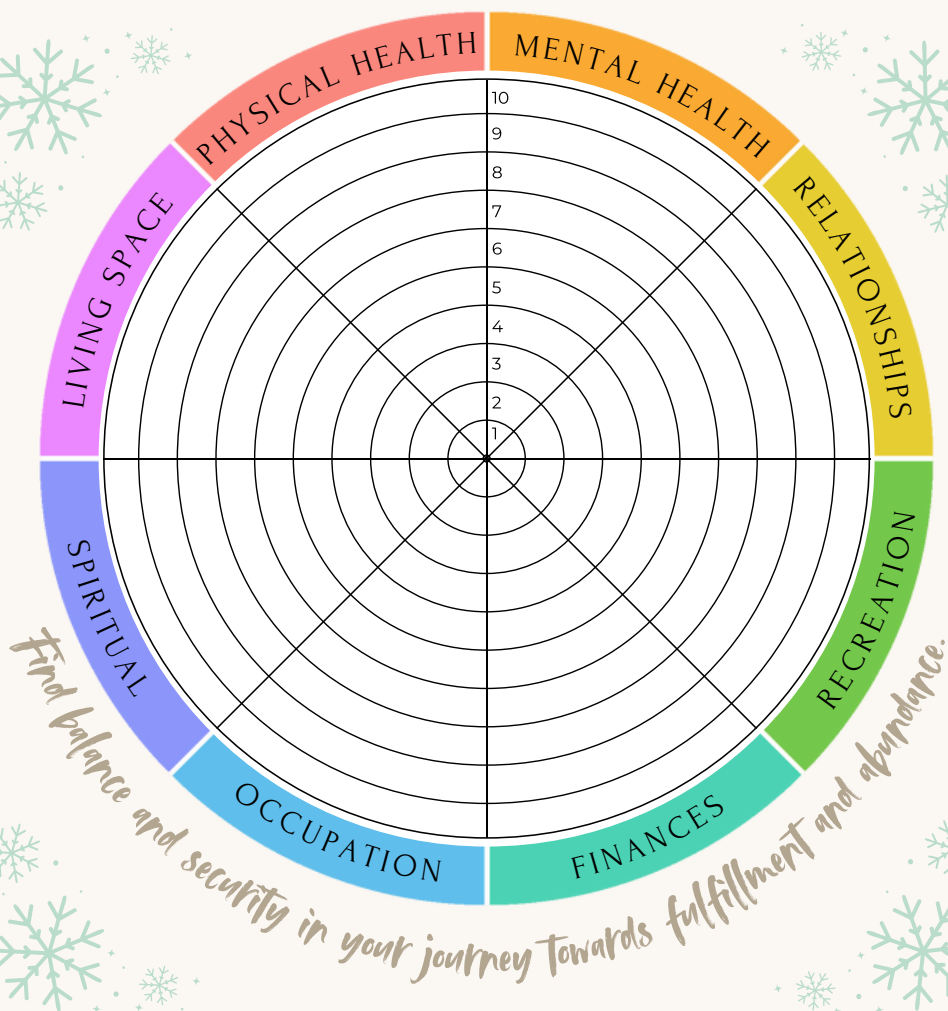


## Occupation

Whether you're a student, a full-time worker, a stay-at-home parent, or retired, occupational wellness is about finding fulfilment in your daily activities. Do you feel challenged and engaged in your work or studies? Are you able to balance your responsibilities with leisure time? Are you pursuing your passions and personal growth?

## Living Space

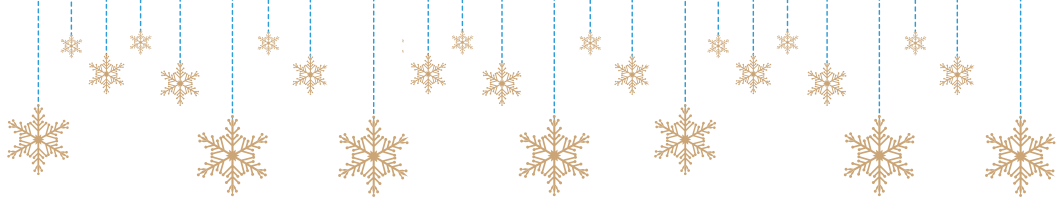
Your living space and surroundings. Do you feel safe, comfortable, and inspired in your home and community? Is your environment conducive to your wellbeing and productivity?



# Be Mindful – Color away

Relax, and take a break from a restless mind





# STAY CONNECTED

---

## Empowering You, Strengthening Our Community

Share your Holiday Cheer with us and your fellow Swiss compatriots. Send us photos of your delicious holiday recipes, colourful creation from our colouring page, or what kind of unique Swiss traditions you celebrate in your family. We'd love to showcase them on our website!

Stay connected throughout the year. Follow us on social media for the latest updates, community news, and upcoming events. Subscribe to our newsletter and receive regular updates like valuable blog posts covering financial planning, health and wellbeing tips, and exciting events for Swiss nationals in the UK.

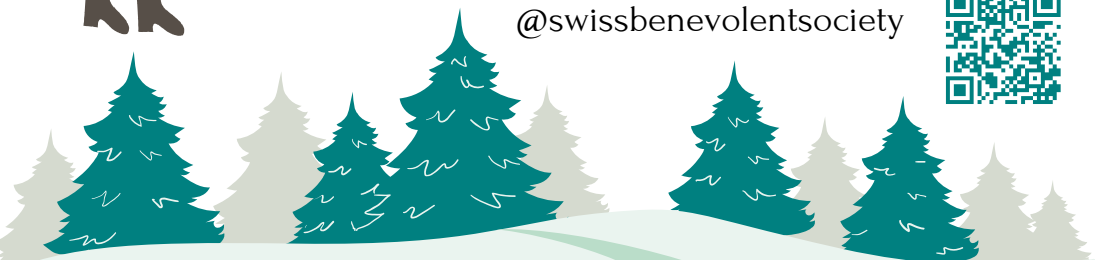


Visit our Knowledge Hub for the latest insights on UK benefit entitlements, changes in regulations that might affect you, as well as helpful links to online tools and resources to empower positive change.

For personalised assistance you can also contact us during our office hours (Mon – Wed, 9am – 3pm) via Phone (020) 7836 9119 or via Email [info@swissbenevolent.org.uk](mailto:info@swissbenevolent.org.uk)

**FOLLOW US ON INSTAGRAM & FACEBOOK**

[@swissbenevolentsociety](https://www.instagram.com/swissbenevolentsociety)



**WWW.SWISSBENEVOLENT.ORG.UK**

# LMA SHOWCASE

## Unveiling the Past: A Glimpse into the SBS Archives at the LMA London Metropolitan Archives

In January 2024, the SBS delved into its rich history at the London Metropolitan Archives. This event offered a unique opportunity to explore the Society's legacy since 1703.



Guided by expert archivists, attendees discovered fascinating artefacts and documents, gaining insights into the lives of past generations. The event fostered a sense of community and inspired us to build upon the Society's strong foundation.

As we look to the future, the SBS remains committed to providing relevant events and supporting the Swiss community in the UK. By understanding our past, we can shape a vibrant future for the Society.



Read more about this in our Blog:

[SWISSBENEVOLENT.ORG.UK/A-LOOK-BACK-IN-TIME-TO-1703](https://swissbenevolent.org.uk/a-look-back-in-time-to-1703)



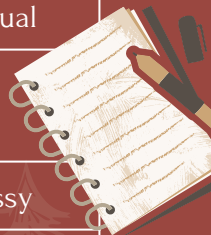
# EVENTS



## Mark Your Calendar 2025

We've outlined a few exciting events for the coming year, with more to be announced. Be sure to check our website regularly for the latest updates and to register for upcoming events. Let us make 2025 a year of connection, culture, and community.

|                            |  |
|----------------------------|--|
| Thursday, 13 March 2025    | Calligraphy Workshop (Part 1 & 2)            |
| Thursday, 20 March 2025    | at the Swiss Church London                   |
| Wednesday, 26 March 2025   | Zoom Coffee Morning – Virtual                |
| Wednesday, 28 May 2025     | Coffee Morning<br>at the Swiss Church London |
| Tuesday, 24 June 2025      | Tea Party at the Swiss Embassy               |
| Monday, 22 September 2025  | AGM 2025 at the Swiss Embassy                |
| Wednesday, 29 October 2025 | Zoom Coffee Morning – Virtual                |



We'll also be sharing interesting events from our partner societies and other organisations that we believe would benefit the Swiss Community. Stay tuned for a diverse calendar of events that caters to all interests and ages. Register for our events on our website or via Email to [info@swissbenevolent.org.uk](mailto:info@swissbenevolent.org.uk).



Find our up-to-date Calender here:  
[SWISSBENEVOLENT.ORG.UK/UPCOMING-EVENTS](https://www.swissbenevolent.org.uk/upcoming-events)



**SWISS  
BENEVOLENT  
SOCIETY** FOUNDED  
IN 1703



79 Endell Street – London WC2H 9DY – Phone: +44 (0)20 7836 9119  
[www.swissbenevolent.org.uk](http://www.swissbenevolent.org.uk) – [info@swissbenevolent.org.uk](mailto:info@swissbenevolent.org.uk)

A Company Limited by Guarantee, registered in England & Wales No 5475876. Charity Reg.: 1111348